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PRESS RELEASE – For Immediate Release

Contact: Susie Beem, Arthritis Program Coordinator, 737-5946

Arthritis Self-Management Course Offered

Take control of arthritis by attending the Arthritis & Fibromyalgia Self-Management Course, Sept. 8 through Oct. 13, hosted by South Central District Health. The six-week, comprehensive course will meet on Thursdays from 6 to 8 p.m. The District Health office is located at 1020 Washington Street North in Twin Falls.

The Arthritis Foundation's self-management course is taught by two Arthritis Foundation-trained instructors. The course is designed to give participants the knowledge, confidence, and skills needed to take a more active part in their arthritis care. Participants can meet with others who have arthritis or fibromyalgia, and learn more about nutrition, medication, exercise, relaxation techniques, and overall arthritis care management tips.

Pre-registration is required. The cost for the course is \$30, which includes the "Arthritis Help Book" and all other course materials. For more information, call Susie Beem, Arthritis Program Coordinator, at 737-5946. To register, call the Arthritis Foundation Utah/Idaho Chapter at (800) 444-4993 or sign up online at www.arthritis.org.

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